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VOLUME 5, NO. 7 AUGUST 1991
OFFICER STUDENTS' WIVES' CLUB MAGAZINE

the classmate

*Back To School
Issue*



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The monthly deadline for ALL copy to the Editor, SMC 2330, is the 1st of the month prior to the month of publication (November 1st to get into the December issue). The deadline for advertising copy

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Editor's Note

by Seshu Rajan

It's almost over, all you long-suffering Dads and Moms out there. Your kids will be back in school in a matter of days. You will then have as much peace and quiet as your heart desires. So, keep smiling or gritting your teeth as the case may be.

In the meantime, do check out the features in this issue about the schools that your children attend. Whether you are new to the area or not, you will find the articles by Susan Farmer and Terry McKeon interesting and enlightening. To compliment our focus on education, there is an article by Marianne Rowe on helping your child overcome the "school blues".

In the interest of your recreation, don't miss the articles on diving in the Monterey Bay by Marty Martin and the wine tasters guide to Napa and Sonoma by Dave Dickson.

All of The Classmate staff writers have once again contributed their best to make this issue enjoyable for you, the reader. We hope you find it as such.

Make sure to pick up a copy of the September - October special issue of The Classmate. And, have a great month!

President's Message

by Susie Thompson



The last few months have been busy and at times hectic. But most of all being the President of the O.S.W.C. has been a rewarding experience. Without your strong support and encouragement, good things just do not happen. As this term concludes, I would like to take this opportunity to express my sincere appreciation to every one of you. The future of our club looks brighter than ever and you are the reason for it.

The new fall/winter term quickly approaches, and with it many activities and events. You do not want to miss these highlights:

Aug. 15 - Welcome Aboard Newcomers' Evening (Barbara McNitt Ballroom 7:30 pm.

Sept. 7 - Bargain Fair (La Mesa Elementary School)

Sept. 9 - Governing Board/Members' Meeting (Hail and Farewell)

Sept. 10 - Navy Birthday Ball Ticket Sales

Oct. 7 - Governing Board/Members Meeting

Oct. 12 - Navy Birthday Ball

The O.S.W.C. is always looking for willing hands and smiling faces. There is sure to be something going on that appeals to your interests. Don't wait any longer to join up and jump in!

OSWC MEMBERSHIP

The OSWC is the Officers Students' Wives' Club of the Naval Postgraduate School for the spouses of all students. In addition to sponsoring monthly activities such as luncheons, OSWC also sponsors the Art Auction, Adobe Tour, International Students' Wives Tea and many other Holiday events. Dues collected entitle you to member discounts as well as monthly Pink Flyers and the OSWC Directory. To obtain membership, fill out the form below and send it with a check made out to OSWC to: Sarah Dixon, 1426 SMC, Monterey, CA. Phone 655-7525. Dues: \$2 per quarter, minimum 4 quarters for new members/renewals (or remainder of duty stay). Membership is free to all International spouses.

SMC # _____ New Member _____ Renewal _____ Active _____ Associate _____

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Spouse's Name _____ Rank _____ Service _____

Curriculum _____ Graduation Date (month/year) _____

Address _____ City _____ Zip Code _____

Length of Membership _____ Amount Enclosed \$ _____

Are you interested in committee work? YES _____ NO _____ Volunteer? YES _____ NO _____

Would you like to participate in our club administration? YES _____ NO _____ Would you like a copy of the OSWC By-Laws? YES _____ NO _____

Do you wish to have your Name, Spouse's Name and Service, Address and Telephone Number in the OSWC Directory? (members only) YES _____ NO _____

Navy Birthday Ball

Summer may not be over yet, but the Navy Birthday Ball is coming up faster than you think. So it is not too early to begin making plans for this big event.

If you want to start organizing a table for your friends and yourself, seating preference sheets will be available in early September. Exact details on seating preference sheets will be published in The Quarterdeck. Choose the eight people you would like at your table and fill out a seating preference sheet as soon as possible. You can also indicate your choice of entree for the dinner on the seating preference sheet.

Although the seating preference sheet does not guarantee tickets to the ball, it will help you get a table with your friends. Tickets for the ball will go on sale September 10, 1991.

Need a Babysitter?

Whether you are new to Monterey, or just need some free time, the La Mesa Babysitting Co-op could be the answer to your needs. With the abundance of very young children in our community, it is nearly impossible to find a babysitter.

The Co-op is a group of NPS parents who agree to sit for each other in exchange for points instead of money. When you become a member of the Co-op, the sitters are arranged for you by the Co-op secretaries. So there is little for you to do except actually babysit. The Co-op is a responsible, economical alternative. You will not have to worry about making it to those curriculum parties anymore. Sitters are available days, evenings, and weekends. If you are interested or would like more information, please call Kay Nicholls at 373-0304.

Aerobics at the YMCA of the Monterey Peninsula

Aerobics classes for increased flexibility, improved muscular strength, stress reduction, increased endurance, and weight control are available at the YMCA on 600 Camino El Estero and at NPS. The classes are \$28.00 per month for unlimited use and the drop-in fee is \$5.00. Child care is available for the morning classes at \$1.00 per hour. Please call Therese Deal at 373-4167 for more information.

Welcome Aboard Evening

The Officer Students Wives Club (OSWC) extends a special invitation to all new Naval Postgraduate School (NPS) students and their spouses to attend the Welcome Aboard - Newcomers' Evening.

The feature presentation of the evening will be "CRAMALOT" which is a musical comedy performed by fellow students and spouses. This acclaimed event gives an entertaining look into family and student life at NPS. Mrs. Deryl Hess, the choir director at the NPS Protestant Chapel, will direct the musical production.

Additionally, there will be guest speakers, refreshments, door prizes, and displays by NPS and community organizations offering information on activities, services, and volunteer opportunities in the area. Child care will be provided free of charge through the Child Care Center on a first-come first-serve basis. Reservations are required, and must be made during the week of August 5-9 by calling Mrs. Mull (646-2734) at the Center.

For further information, contact Susie Thompson (372-8617). We look forward to seeing you at the Welcome Aboard - Newcomers' Evening.

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EAGLES EYE ART GALLERY



The Eagles Eye Art Gallery welcomes you back from summer break with the spotlight on another of our talented artists. Featured in the Gallery during the month of August is member Ramona Faser. A Nebraska native, Ramona moved to the area as the wife of a Marine Corps career man. She has traveled extensively in the U.S. mainland, Hawaii, and the far East. Upon arriving on the Monterey Peninsula, she immediately enrolled in an oil painting class at the Monterey Peninsula College. After retiring from teaching in 1970, she became very active in the art world and studied extensively with many instructors. Watercolor is now her primary media. Ramona's vibrant watercolors can be seen in many collections throughout the peninsula, both public and private.

The Eagles Eye Art Gallery is located in the basement of Herrmann Hall behind the Museum. Our hours of operation are 11:30 a.m. to 3:00 p.m. Monday through Friday. One of our member artists is always on duty to answer your questions and assist you.



Photo Contest

The U.S. Naval Institute and Eastman Kodak Company have announced the 30th Annual Naval and Maritime Photo Contest.

This contest is open to both amateur and professional photographers. Cash prizes of \$500, \$350 and \$250 will be awarded to the photographers of the top three entries.



Also, 15 honorable mention winners will receive \$100 each.

All photos submitted for the contest must pertain to a naval or maritime subject, and may be either black & white prints, color prints, or color transparencies. Entries must include a caption and the photographer's name, social security number, and address printed or typed on a separate sheet of paper. The minimum acceptable print size is 5" X 7". The minimum acceptable transparency size is 35mm. There is a limit of five entries per person.

Entries must be received on or before 31 December 1991. All entries should be mailed to Naval and Maritime Photo Contest, U.S. Naval Institute, Annapolis, Maryland 21402.



By Jennifer Church

OK.....It's time to get serious. For months, (seems like years, doesn't it), I have been extolling to you the virtues of volunteering for the Navy - Marine Corps Relief Society. And, I have been telling you about all the good things volunteering will do for you. For example, it will help you with your interpersonal skills, contribute to your resume, and make you a well rounded individual.

Well, now I have to 'fess up. Perhaps we need you at least as much as you need us. You see, people come and go awfully fast around here, and it seems that we have more going than coming this fall. (This is where you come in.) Therefore, in order to continue to deliver the same exemplary level of service that our clients have been accustomed to, we are going to need you.

So, run, don't walk.....call us at 373-7665 or drop by for a visit MWF between 10 AM and 1 PM. We are just downstairs from the Quarterdeck in Herrmann Hall. And, I will let you in on a secret, we reimburse you for child care expenses incurred while volunteering.



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Activities & Classes

If you are interested in teaching a class, O.S.W.C. Activities would love to hear from you. Please call Patrice Mull at 655-3976 to be included in the monthly listing.

If you want to enroll in any of the classes offered below, please call the instructor directly.

Art for Children and Adults

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Cathy Williams, 375-7916

Crochet & Embroidery

Padmini Rajan, 649-4103

Elementary Grades and Sign Language

Susan Anderson, 373-5407

Mother's Morning Out

Joy Doyle, 647-1133

Renee Neely, 375-3762

My Own Morning Out

Lynn Ivey, 649-8158

Personal Fitness

Linda Shaffer, 649-4486

Piano

Frank Bruno, 375-4389

Katie Clare Mazzeo, 372-2233

Kazuko Mockett, 624-9596

Prenatal Exercise

Cheryl Morgan, YMCA, 655-1018

Ukrainian Egg Decorating

Martha Faller, 372-6320

Tutor Irene Pollard, 624-9137

Monterey Peninsula Museum of Art

An important cultural resource for the entire central coast of California, the Monterey Peninsula Museum of Art is a place for people as well as art. As a nonprofit public benefit corporation, the Museum is largely dependent on its members who provide volunteer services and financial support.

The Museum collections focus on American art, with an emphasis on regional and California art; Asian and Pacific Rim art; international folk, ethnic, and tribal art; graphics; and photography. The Museum features outstanding outreach programs and special activities such as Museum on Wheels, a portable exhibit of multicultural folk art which is taken to schools throughout the central coast; and monthly Teacup Tours for Seniors, an active Docent program.

The Monterey Peninsula Museum of Art is located at 559 Pacific Street near the public library. You can contact the Museum at 408-372-5477 for further information.

The Job-Hunter's Diary of a "Lost Year"

I was totally unprepared
for what I was about to face.
I didn't know what I was stepping into.
There were opportunities
and I missed them,
there was money
and I wasted it,
there was time
and I fumbled the days away.
I should have grasped what was
happening to me
but I didn't;
a man falling down a flight of stairs
doesn't count the steps,
I had very little job-hunting experience
and I didn't know that job-hunting
is a fine art.

By Allen R. Dodd

For assistance with information and referral on employment, educational resources and opportunities, career counseling, resume and SF-171 assistance, contact Rose Anna D'Auria at 646-3141. We have listings for job opportunities on the Peninsula.



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Folk Music Concert

Thursday, August 15, 7.00 pm

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Storytelling Workshop Friday

August 23, 9:00 am - 12 noon

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Pretty Darn Unique Student On Cannery Row

by Leigh Gardener

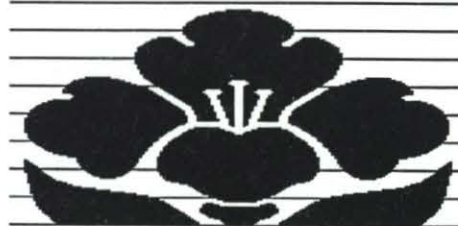
Shopping. This is truly one of America's favorite pastimes. Combine shopping with our own Cannery Row in Monterey and you have an entrepreneur's dream. LT. Dave Wood and his wife Pamela have turned their dream of opening a shop into a reality this summer.

Pretty Darn Unique Products began as a mail order business last year and is now open as a retail store at 645 Cannery Row. Opening the business has been one of Pamela's goals, she manages the shop while Dave completes his studies in the Space Systems Engineering curriculum at the Naval Postgraduate School.

One afternoon, while out for a drive, they saw the space available sign hung in a shop window. Pamela's immediate plans for a shop were almost dropped when they were told the actual rental figure, but with backing and support from friends, they were soon able to open their shop on Cannery Row.

After the lease was signed, the real work began. Within ten weeks the run down space was remodeled and made ready for customers. Now Pamela spends her time keeping shelves stocked with, "... educational, practical and just plain fun gifts". It is interesting to note that there are two more La Mesa families displaying their gift-ware in this shop. Pat Bingham will have a line of jewelry and Veronica Styron will offer her beautiful hand-painted shirts.

Stop by and visit Pretty Darn Unique Products. they are open seven days a week from 10:00 a.m. to 9:00 p.m. There shipping service for your convenience and a ten percent discount for all military families.



Higher Education Opportunities Around the Monterey Bay

If your spouse is pursuing a degree at the Naval Postgraduate School, this may be an excellent opportunity for you to further your own education. There are many colleges and universities around Monterey within an easy commuting distance. Courses can be taken for enrichment or towards a degree.

Tuition is generally inexpensive for California residents. Non-resident military and spouses may be eligible for the resident rate during their first year in California. For that reason, it is advisable to start your course of study as soon after arriving as possible.

For further information, contact the educational institution directly from the list here.

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Golden Gate University

550 Camino El Estero, Monterey, CA 93940

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Hartnell College

156 Homestead Ave., Salinas, CA 93901

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Monterey Institute of International Studies

425 Van Buren St., Monterey, CA 93940

Upper level B.A. courses are offered in foreign languages as well as M.B.A., M.P.A., M.A. degrees in several fields of international studies.

Monterey Peninsula College

980 Fremont St., Monterey, CA 93940

A.A., A.S., and vocational training programs are available.

San Jose State University,

Monterey County Campus, 900 Blanco Circle, Salinas, CA 93912

Provides graduate and postgraduate degrees, as well as certificate courses in a variety of subjects.

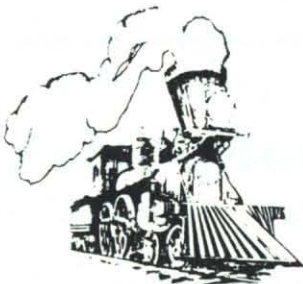
University of California at Santa Cruz

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For an alternate source of information, contact the American Association of University Women at P.O. Box 1786, Monterey, CA 93942

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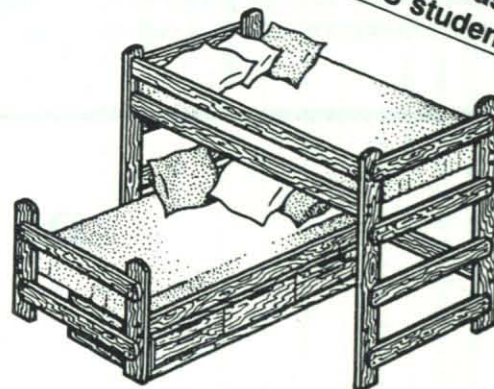
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Do Touch It!

By Tina Brock

In the adult world, very few children are actually allowed to experience the environment around them. "Don't touch this"; "don't mess with that." "You're too little to play with that." It is amazing that our children do not grow up with sensory deprivation. But, believe it or not, there is a place that not only allows children to experience things that were formerly taboo, they encourage it.

The Children's Discovery Museum in San Jose is a wonderful world in which children of all ages can play in a real life fire engine or pretend to drive a police car (those were my children's favorites). There is a postal annex, constructed with authentic 1950 furnishings, in which children can write and deliver messages to any of the Museum's exhibits. Children can learn about the world of banking from the stagecoach days into the 21st century. They can explore the valuables stored in safe deposit boxes or try their hand at cracking the combination of a vault door.

Another of the many exhibits is the Kids' Care Clinic. Children can assume the role of a doctor or dentist: check reflexes, watch their eyes react to light stimulation, and maneuver an electronic icon on a balance

board. The Museum even has little doctor outfits that children can dress up in.

One of my favorite exhibits is the Gilliland Global Communication exhibit. You can discover familiar and lesser known methods of communication. For example, you can exchange thoughts with friends in the Museum using a pneumatic transport sys-



tem (a message speedway); connect with others either close by or thousands of miles away using advanced telecommunication and the Museum's own amateur ham radio station. My kids also enjoyed this exhibit. They were able to play with a phone without Mom telling them to get off the line.

One place we were not able to visit was the Lee and Diane Brandenburg Theatre. The theatre is a place for children to create their own plays complete with costumes and set designs. (The theatre is part of the Museum complex.)

The Children's Discovery Museum is located at 180 Woz Way in San Jose. To get there, just take Hwy 101 to San Jose. When you reach San Jose, take Hwy 280 to Bird Ave North exit. Take a right on San Carlos Rd., go down 5 blocks and then take a right on Woz Way. The museum is the purple building on the left. They operate Tuesday through Saturday - 10 a.m. to 5 p.m. and Sunday noon to 5 p.m. The museum is closed on Monday. For more information, please call 408-298-5437.

Admission fees are \$6.00 for adults, \$3.00 for youngsters ages 4 to 18, \$3.00 for senior citizens and free for Museum members. No admission is charged for children ages three and under. For safety considerations, children under age 13 must be accompanied by an adult.

Your children should discover the Children's Discovery Museum. I can assure you they will be asking for more as you drag them out of the door to go home.

Dr. Charles R. Linkenbach, D.D.S.

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Computers And You Why does my computer want a modem?

by John Daley

Once you've decided on the personal computer you want to use here at NPS, you may hear a lot of your fellow students talking about "dialing up the mainframe from home" or "downloading (something) from a BBS" or "sending some émail". If you're wondering what this is all about, these are some of the things a modem can do for your computer.

A modem allows your computer to perform digital communication through the telephone lines, which is actually a non-trivial task since the lines were designed a long time ago and were intended only for voice communication. Thus, a modem essentially allows you to become part of a network, or more correctly, thousands of networks. To make this happen for your computer, you'll need two things: (1) the modem and its peripheral cables (to connect to a port on your computer), and (2) a software program to allow your computer to "talk" to the one you're connecting to. The software programs are frequently

lation is accomplished by emulating a VT-100, or VT-102 terminal, which is the type of terminal most frequently used (originally) by Digital Equipment Corporation (DEC), when they made the VAX. If you need 3270 emulation for the mainframe, there are some software packages available that will let you do that free of charge: contact the Macintosh or DOS User Group at NPS for details.

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The bottom line: for a little over \$100, you can get connected and get online. The information available to you is impressive,

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Do Touch It!

By Tina Brock

In the adult world, very few children are actually allowed to experience the environment around them. "Don't touch this"; "don't mess with that." "You're too little to play with that." It is amazing that our children do not grow up with sensory deprivation. But, believe it or not, there is a place that not only allows children to experience things that were formerly taboo, they encourage it.

The Children's Discovery Museum in San Jose is a wonderful world in which children of all ages can play in a real life fire engine or pretend to drive a police car (those were my children's favorites). There is a postal annex, constructed with authentic 1950 furnishings, in which children can write and deliver messages to any of the Museum's exhibits. Children can learn about the world of banking from the stagecoach days into the 21st century. They can explore the valuables stored in safe deposit boxes or try their hand at cracking the combination of a vault door.

board. The Museum even has little doctor outfits that children can dress up in.

One of my favorite exhibits is the Gilliland Global Communication exhibit. You can discover familiar and lesser known methods of communication. For example, you can exchange thoughts with friends in the Museum using a pneumatic transport sys-



tem (a message speedway); connect with others either close by or thousands of miles

One place we were not able to visit was the Lee and Diane Brandenburg Theatre. The theatre is a place for children to create their own plays complete with costumes and set designs. (The theatre is part of the Museum complex.)

The Children's Discovery Museum is located at 180 Woz Way in San Jose. To get there, just take Hwy 101 to San Jose. When you reach San Jose, take Hwy 280 to Bird Ave North exit. Take a right on San Carlos Rd., go down 5 blocks and then take a right on Woz Way. The museum is the purple building on the left. They operate Tuesday through Saturday - 10 a.m. to 5 p.m. and Sunday noon to 5 p.m. The museum is closed on Monday. For more information, please call 408-298-5437.

Admission fees are \$6.00 for adults, \$3.00 for youngsters ages 4 to 18, \$3.00 for senior citizens and free for Museum members. No admission is charged for children ages three and under. For safety considerations, children under age 13 must

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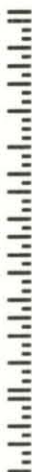


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9.75	10.60	9.49	8.59
10.00	10.75	9.65	8.78
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Computers And You

Why does my computer want a modem?

by John Daley

Once you've decided on the personal computer you want to use here at NPS, you may hear a lot of your fellow students talking about "dialing up the mainframe from home" or "downloading (something) from a BBS" or "sending some email". If you're wondering what this is all about, these are some of the things a modem can do for your computer.

A modem allows your computer to perform digital communication through the telephone lines, which is actually a non-trivial task since the lines were designed a long time ago and were intended only for voice communication. Thus, a modem essentially allows you to become part of a network, or more correctly, thousands of networks. To make this happen for your computer, you'll need two things: (1) the modem and its peripheral cables (to connect to a port on your computer), and (2) a software program to allow your computer to "talk" to the one you're connecting to. The software programs are frequently called telecommunications packages, or emulators.

As an example, consider the mainframe computer in Ingersoll Hall. It is an IBM 3270 mainframe computer, and the terminals (outlying stations where you perform input/output) are IBM 3270 terminals. To use your computer from home, you'll have to convince the mainframe that your Macintosh (or DOS computer or Amiga or ...) is actually a IBM 3270 terminal. That's the job of the telecommunications software.

The modem itself translates the commands you give it on your computer into a stream of digital pulses that are transmitted serially (one after the other) on the phone line. The speed of the modem will determine how fast this occurs, and as a result, how long you have to wait for file transfers and the like to occur. The most common speed modem available today is 2400 baud (not the same as bps, or "bits per second"), but some 9600 baud modems are commonly available at higher prices.

Most telecommunications software packages offer a variety of "emulations", selectable from within the software program. If you happen to be a student who uses VAX instead of the mainframe, you'll need Unix emulation. Generally, Unix emu-

lation is accomplished by emulating a VT-100, or VT-102 terminal, which is the type of terminal most frequently used (originally) by Digital Equipment Corporation (DEC), when they made the VAX. If you need 3270 emulation for the mainframe, there are some software packages available that will let you do that free of charge: contact the Macintosh or DOS User Group at NPS for details.

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BBS's (Bulletin Board Systems) offer software and information files that are generally available for the cost of connect

time, which is usually priced by the hour and may vary with time of day. Some popular BBS's include America OnLine, Genie, and CompuServe. Although these are national BBS's, they frequently offer local or toll-free numbers for connection. Be careful, though: if you start transferring large programs on your modem, two things will happen: (1) your phone will be tied up for long periods of time, which can cause spouse distress (believe me, I've been there), and (2) your bill for the BBS can increase dramatically.

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The bottom line: for a little over \$100, you can get connected and get online. The information available to you is impressive, and can be overwhelming, but with a little discipline (and financial restraint) you can increase the power of your computer exponentially by the purchase of a modem. As always, give your user group a call if you have questions about hardware purchases or availability (significant discounts can be available). We are here to help you use your computer as effectively and efficiently as possible.

John "Macatollah" Daley is the Chairman of the NPS Macintosh User Group.

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La Mesa Elementary School

by Susan Farmer

La Mesa Elementary School was built by the Monterey Peninsula Unified School District in 1954 for the military community living in La Mesa Village. Additions to the school were built in 1961, 1963 and 1965 to accommodate the 600 to 700 students in kindergarten through fifth grade.

Out of 4,700 elementary schools in the state, La Mesa is one of 231 "California Distinguished Schools" and one of 30 nominees for the National Schools Award. An emphasis on proficiency in basic academic skills is part of what make La Mesa a good school. The school's atmosphere also supports the self-confidence and strong interpersonal skills necessary to develop the best that is within each student. Teachers seek to motivate each child so as to make school personally meaningful.

School Highlights

SKILLS FOR SCHOOL SUCCESS (SSS) is a successful program that was developed by Dr. Anita Archer and is used at La Mesa to teach children critical skills in managing time and materials. By establishing organizational skills in the early grades, children form work habits that will continue to help them in their school careers. The SSS program encourages the use of notebooks and calendars to organize schoolwork and ensure its timely completion. Students are taught "HOW" to complete neat, well-organized papers. The acronym is **H=Heading, Q=Organized, and W=Written Neatly**.

THE LA MESA LIBRARY is a teaching library and has won national honors for its outstanding program. Media Specialist, Kathy Nicholson, teaches sequential lessons in library science to all students. The library's Publishing Center puts the finishing touches on student written and illustrated books for the district "Book Affaire". The library also enters the district "Lit Affaire" each year.

THE MATH/SCIENCE MAGNET PROGRAM is an alternative educational program for fourth and fifth grade students at La Mesa. Intensified math, science and computer instruction, as well as the required subjects are offered. The program's educational goal is to integrate math and science into all areas of the curriculum. Coordinator Mary Lind and four outstanding teachers emphasize independent problem solving and critical thinking in a "learn by doing" environment. A special lab is available for active student participa-

tion in eight-week units such as chemistry, model rocketry, architecture and health science. This lab is also open during recess and before and after school. The La Mesa Magnet offers 54 openings to La Mesa students and 54 openings to minority students throughout the school district. Students must apply during early May to participate.

FAMILY MATH AND FAMILY SCIENCE CLASSES will be offered at night in a new program offered by Magnet teacher Patti Gibbler. These classes, which involve families in fun math and science activities, stem from the successful **EQUALS** project developed at Berkeley in an attempt to encourage women and minority students

to excel in the fields of math and science. With a grant for supplies from the Foundation to Support Monterey Peninsula Unified School District, Ms. Gibbler is dedicated to creating interest and enthusiasm for these subjects.

THE LA MESA ART DOCENT PROGRAM began in January of 1991 as a teacher-supported volunteer program to provide students in grades K-5 with a sequential program in the visual arts. The program is designed to meet the four components of the California State

Framework for the Visual Arts. Trained adult volunteers visit the classroom to supplement the teacher's art program. These volunteers introduce reproductions of famous artwork, teach elements of design and lead hands-on workshops in watercolor painting, clay and printing. No experience or special talent is necessary to be a part of this exciting program. If you would like more information, please call the school for details.

THE LA MESA PTA is a partnership between educators and parents who work together in the best interest of the children. The La Mesa Carnival, Gift Check Sale, and other fundraisers help support assemblies, visits by children's authors, the student "Ambassadors" and some special need of the school. Evening meetings include programs on a variety of interesting topics. You are encouraged to become involved in any way that your time and energy allow.

Parents are also encouraged to visit the school frequently. Appointments may be made with teachers and administrators by calling the school at 649-1872



PREPARING YOUR CHILD FOR SCHOOL

by Marianne B. Rowe, MS

Depending on the age of your child when she leaves home for an extended time to play and learn with other children; and depending on the preparation for this new environment and set of expectations she has had, the experience of "starting school" (whether it's day care, nursery, pre-school or kindergarten") can be both exciting and positive for you and your child.

The primary area of concern for your child (and perhaps for yourself) will probably be that of his being in an unfamiliar environment and separated from the immediate family for an extended period of time. The issues for your child are "Will Mommy or Daddy come back?" and "This is a new place filled with strangers." The first thing to consider in making this separation is your own readiness to be apart from your child. If you still want to "hold on" or are distrustful of the adults in the school, your child will probably pick up your reluctance and anxiety and incorporate it into his own reaction. At this young age, your child will adjust primarily to the extent that you allow and encourage it, so the first thing to do is prepare yourself by recognizing the importance of the "first step outside the home" to both your child and yourself.

To begin preparing your child, you can provide reassurance that when you leave you will return. Leave him at home with a trusted caretaker (preferable a friend or relative the child already knows) for initially brief, then gradually extended, periods. When your child becomes more comfortable with this arrangement, you can begin teaching that when you leave him at someone else's home you will return and that both of you will return to your own home. Chances are that the first time you are separated from your child, especially when leaving him in someone else's home, you will be worried (no matter how trusted the caretaker) and will want to call to check on how things are going. It is better to start with a short separation (15-30 minutes) and gradually increase the time away (making no phone calls), than to start with a long separation and call every half-hour. Remember that you are teaching two lessons: that you will return and you trust both your

child and the caretaker. Upon your return, let your child know you are glad to see him, and that you're proud of his showing independence by doing things while you were away. It is helpful to frame this new experience in terms of an adventure and avoid its being perceived as a punishment. Don't leave your child when you're angry; if



he becomes fussy, remain calm, state when you will be back, give a hug and leave without being pulled into an argument.

If there are older siblings in the home, or if the Sesame Street television show is a regular part of your child's day, he has probably formed some concept of what "school" is like. You can clarify or reinforce this concept by "playing school." This can be particularly valuable if you know the types of activities that are offered by the school or day care center you have chosen and incorporate them into your play. Usually the more familiarity the child feels with the activities, particularly if they are enjoyable ones, the more comfortable he will feel and the quicker the adjustment.

Finally, rest assured that most day care providers and teachers are aware that the "first day in school" is a new experience for

a child and will make an extra effort to ensure that it is a pleasant one by giving additional attention as needed and encouraging everyone to participate and enjoy that day. If, for whatever reason, the experience is not a positive one for your child and after a couple of weeks he continues to show signs of stress (irritability, regression to behaviors previously "outgrown" sleeping problems, or other behavior changes), discuss with the teacher ways the two of you and your spouse can work together to help your child adapt to this new situation.

First impressions are often lasting ones and your child's first experience of being away from home with other adults and children can set the stage for his attitude about future endeavors outside the home. As a parent, you can help your child meet these experiences with a sense of confidence and assurance through your efforts to prepare both yourself and your child for this important part of growing up.

Marianne B. Rowe is a licensed therapist who specializes in working with children and families. She is presently in private practice in Pacific Grove, California.

PROBLEM SIGNALS

Children have many ways of letting us know they are having difficulty coping without directly saying it. Some of the behavioral signals of problems include:

- An abrupt change in behavior or personal relationships;
- Fighting or frequent arguments;
- Nightmares or change in sleep routine;
- Unusual eating patterns;
- General fearfulness, overly shy;
- Apparent lack of remorse about hurting others;
- Disregard for limits or rules;
- Academic underachievement;
- Perfectionistic, persistent concern about details;
- Bedwetting;
- Parents' feeling uncomfortable with child's behavior.

"Stampeding Towards Excellence" Colton Middle School

by Terry McKeon

Driving to this interview I tried to remember my own 6-8 grade experience. To be honest, I didn't expect to find the rare gem that is Colton Middle School. Walking into Colton Middle School, it's hard not to notice the numerous awards. (It is a California Distinguished School, which is no small task since only 9 % of California schools have been so honored.) I spoke with Tad Kumagai, a graduate of San Francisco State, and principal of CMS for the past five years.

What can you expect to find at CMS? CMS draws its students from four communities: La Mesa, Seaside, Pebble Beach, and Monterey. The majority of students ride the bus. Everyone is the "new kid" at CMS where the student population is 800 strong. The teacher-student ratio is about 25 to 1. CMS was built in the 1950's "boxy style", and so the quarters are somewhat cramped and students do not have their own lockers. They do however, have assigned cubby holes in a classroom. A backpack would be

a very beneficial addition to your child's back-to-school list. Since space is so limited, CMS sends a list to all parents in August which lists school supplies that the children will need. This list is tried and true, the items are functional for their purpose given the space available. One component is a binder in which students will keep homework and a calendar. If a parent wishes to see what his/her child has for assignment, the information's all right there.

CMS affords its students numerous creative and athletic challenges: choir, band, jazz band, orchestra, volley ball, basketball, and wrestling to name a few.

CMS has a fabulous support network. The library was rated the best in the country for a school of its size and CMS has a strong and active PTA. Each year around October the PTA holds a magazine fund raiser for the school. Last year, \$14,000 was given to CMS from the PTA. CMS's current PTA Presidents are Kathy McElroy

and Cathy Scherzer. It was evident to me that CMS' success is due in part to its support system.

Part of this support network will be feeling the budget crunch this year. Fewer books will be going into the library. However, thanks to the efforts of Dr. Nancy Dalton, the school superintendent, no teachers were let go. So the excellent teacher/student ratio will continue this year.


Principal Kumagai will be stepping out of the principal's office and into the position of Director of Personnel for the District. The new school principal, as of September, will be Bess Halley who was the assistant principal at Seaside High.

I asked Mr. Kumagai if he had one wish to express to parents, and he said "Don't prejudge the school, come and experience it for yourself". From the plaques commemorating students of the quarter to the helpful staff, I think you'll find the experience a good one.

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SCUBA VENTURES

by Ed and Marty Martin



Paula Goldberry



Characterized by white beaches, craggy rocks, pounding surf, and twisted cypresses, the Monterey Peninsula is indeed a show-place of natural beauty. The beauty of the Peninsula, however, is not limited to the panoramic views we see above the surface of Monterey Bay. There is yet another world, vast and rich with life, waiting to be explored. A world which can only be explored through the sport of scuba diving.

If you have visited the Monterey Bay Aquarium, you have experienced just a small sample of the magnificent sights that await you beneath the pristine waters of the Bay. To fully appreciate the beauty of the underwater environment, you must literally immerse yourself in it. If you are a certified diver, then you are set to go! If not, the process of becoming a qualified scuba diver is relatively easy. There are

light of the 100-foot high kelp forests, animals without backbones and plants without roots create a world of vibrant color. While navigating through the cold waters (the temperature averages 52° F) a diver may find himself swimming along side a California Sea Lion, a southern Sea Otter, or a school of Sheep Head. Although the marine life is not as concentrated as one might find at the Monterey Bay Aquarium, the thrill of actually being part of the ocean's natural environment is unforgettable.

One aspect of this natural environment is the extremely cold waters which range between 48° F and 57° F. Don't let some cold water discourage you from diving. If you are well equipped with a 1/4 inch wetsuit, a hood, booties and gloves, after five minutes you won't give the frigid wa-

ers Cove is unbelievable. Low tides expose rocky pools teeming with marine creatures. Colonies of sea urchins, sea anemones, starfish, and hermit crabs are a few of the more conspicuous inhabitants. All this in the tide pools . . . just imagine the wealth that can be found below. Diving is by permit only and you can make reservations by calling 1-800-444-PARK. Space is limited to ten dive teams per day so make your reservations early. We find the restricted access to be a real plus; Pt. Lobos is not nearly as crowded as other sites on the peninsula.

The following information may be helpful if you would like to explore the underwater world of Monterey Bay. Information on lessons and rental equipment are available from:

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THE WASHINGTON POST

REAL ESTATE

SATURDAY, JUNE 30, 1990

Long & Foster Realtors, the largest real estate firm in the Washington Area, is one of the top-ranked real estate firms in the country, according to the Consumer Reports survey.

Long & Foster, a 22-year-old firm with 173 offices from Baltimore to Norfolk, scored a 77 total on the overall 100-point home-seller satisfaction index, which made it the second-rated firm in the country, according to the survey of 72,000 Consumer Reports readers.

Topping the list was Edina Realty, which operates in Minnesota and Wisconsin and received a 78 percent approval rating among Consumer Reports readers. Long & Foster edged out two other national firms—Re/Max and Merrill Lynch Re-

alty, now known as Prudential Real Estate Affiliates, both of which have offices in the Washington area.

"We were thrilled," said P. Wesley Foster, Jr., president of Long & Foster, who attributed the strong ranking to good sales agents and an accomplished training department.

Several large national companies left readers more dissatisfied. Century 21, the largest brokerage firm in the country, won a 69 percent approval rating, while 68 percent of the readers surveyed who had sold their homes in the past four years were pleased with the performance of ERA Real Estate.

—Kirstin Downey

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SCUBA VENTURES

by Ed and Marty Martin



Paula H. H. H.



Characterized by white beaches, craggy rocks, pounding surf, and twisted cypresses, the Monterey Peninsula is indeed a showplace of natural beauty. The beauty of the Peninsula, however, is not limited to the panoramic views we see above the surface of Monterey Bay. There is yet another world, vast and rich with life, waiting to be explored. A world which can only be explored through the sport of scuba diving.

If you have visited the Monterey Bay Aquarium, you have experienced just a small sample of the magnificent sights that await you beneath the pristine waters of the Bay. To fully appreciate the beauty of the underwater environment, you must literally immerse yourself in it. If you are a certified diver, then you are set to go! If not, the process of becoming a qualified scuba diver is relatively easy. There are several dive shops locally who offer classes resulting in open water certification. The classes are usually four weeks long, and the total cost is approximately \$250. This price includes text books, classroom and pool instruction, rental equipment, open water dives, and NAUI (National Association of Underwater Instructors) or PADI (Professional Association of Diving Instructors) certification.

The experience of diving in the Monterey Bay is one that cannot be duplicated. According to Robin Ziegler of the Bamboo Reef Dive Shop, Monterey Bay is one of the top ten dive destinations in the world. (How lucky we are to have it in our own backyard.)

There are a number of different reasons for Monterey Bay's popularity. The foremost reason being that Monterey Bay is one of the world's largest submarine canyons, deeper than the Grand Canyon. Only six miles off shore the canyon reaches a depth of 7,000 feet. Nutrient rich waters upwell from these depths and provide an excellent source of food for the abundance of marine life found in these waters. In the subdued

light of the 100-foot high kelp forests, animals without backbones and plants without roots create a world of vibrant color. While navigating through the cold waters (the temperature averages 52° F) a diver may find himself swimming alongside a California Sea Lion, a southern Sea Otter, or a school of Sheep Head. Although the marine life is not as concentrated as one might find at the Monterey Bay Aquarium, the thrill of actually being part of the ocean's natural environment is unforgettable.

One aspect of this natural environment is the extremely cold waters which range between 48° F and 57° F. Don't let some cold water discourage you from diving. If you are well equipped with a 1/4 inch wetsuit, a hood, booties and gloves, after five minutes you won't give the frigid waters a second thought. Only when you dive do you truly appreciate the thick, furry coat of the sea otter which keeps the otter warm as it dives repeatedly in search of abalone.

There are dozens of local spots from which a diver may embark upon his scuba adventure. Lover's Point Park, Monastery Beach, and the Coast Guard Pier are all excellent sites for diving. However, if we had to choose just one dive site on the entire Monterey Peninsula it would have to be Point Lobos. Not only is the setting magnificent, but the marine life found in Whal-

ers Cove is unbelievable. Low tides expose rocky pools teeming with marine creatures. Colonies of sea urchins, sea anemones, starfish, and hermit crabs are a few of the more conspicuous inhabitants. All this in the tide pools . . . just imagine the wealth that can be found below. Diving is by permit only and you can make reservations by calling 1-800-444-PARK. Space is limited to ten dive teams per day so make your reservations early. We find the restricted access to be a real plus; Pt. Lobos is not nearly as crowded as other sites on the peninsula.

The following information may be helpful if you would like to explore the underwater world of Monterey Bay. Information on lessons and rental equipment are available from:

Fort Ord Outdoor Recreation
242-0392

Bamboo Reef Enterprises
372-1685

Aquarius Dive Shop
375-6605 or 375-1933

Monterey Bay School of Diving
655-3483

One final note that may help to spark your interest in scuba diving. The Monterey Bay Aquarium accepts applications for volunteer divers to help feed the fish in the main exhibit. For more information on this event, call the Aquarium at 648-4867.

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Mecca of Winemaking

by Dave Dickison



California has long enjoyed a distinguished reputation as a wine center, its historical roots going back as far as 1769 when Franciscan missionary Junipero Serra founded the San Diego Mission and purportedly planted California's first vineyard. Approximately a century later, another milestone was reached when Hungarian immigrant Agoston Haraszthy introduced to California most of the European grape varieties we drink today. The industry grew steadily until the Prohibition broke the spirit (no pun intended) of all but the most determined vintners who survived by making sacramental wine and grape juice. After the Prohibition's repeal, growth was extremely slow until the 1960's. The new decade found only 25 bonded Napa Valley wineries. Today there are well over 160 wineries in Napa alone and over 700 wineries state-wide.

The Sonoma and Napa Valleys represent in many ways the old and the new beginnings of the industry; many of the most venerable names in California wine are located in the relatively small Sonoma Valley, names such as Buena Vista, Gundlach-Bundschu, Hanzell and Sebastiani, names which go back a hundred years. While interest in other wine areas has taken much of the spotlight off of this fascinating and historical important wine town, its vineyards still produce excellent wines.

But the true beginning of California's wine industry as we know it today lies in the Napa Valley. It was not so much a chronological beginning as a change in approach and attitude to the winemaking process. This attitude and approach was spearheaded by James D. Zellebach, and later by Robert Mondavi whose experimentation with oak barrels and winemaking techniques revolutionized the industry and propelled California wines into the international spotlight. Thus Napa wines have gained the world's attention not only because of their excellent vineyards, but also due to the skill and daring of the winemakers whose finest products at times equaled or bested what the rest of the world had to offer.

Sonoma

Located on Route 12, sleepy, charming Sonoma with its tree-shaded square and mission architecture looks its part as the traditional wine capital of California. This coziness and feeling of history extends to its wineries, many of which are within a two mile radius. This fact, and the small-town traffic, makes biking an ideal way of getting to wineries. Additionally, the town has posted directions to the various wineries on street corners which makes navigation simple. Ravenswood Winery, with its selection of medium to heavy bodied reds, is a must for red wine lovers. Buena Vista Winery has two wine bars: one which complimentarily serves its excellent current releases, and a paybar for its library releases (the reserve Cabernet is fantastic). Sebastiani, Gundlach-Bundschu, and Haywood wineries are also in town. Slightly further north, on Route 12, Grand Cru, Kenwood and Chateau St. Jean wineries are all worth seeing; Kenwood specializing in reds, Chateau St. Jean in whites especially Chardonnay, and Grand Cru making a variety of excellent wines.

Napa Valley

After sleepy Sonoma, one gets the feeling of a boomtown when arriving in the Napa Valley. With the mud baths, springs, and spas of Calistoga to the north and the south, the Napa Valley spreads out along Highway 29 for 30 miles. Produced in this area are some of the finest Bordeaux style red wines in the world, and many of the finer chardonnays and other varieties. If this were not enough, the wineries themselves display an amazing breadth of architectural style ranging in taste from the beautiful to wonderfully eccentric to outright abominable.

One would need a dedicated week to effectively (and safely) visit every winery in the valley, so some picking and choosing is in order. The wineries are located off either Highway 29 or the Silverado Trail which parallels Highway 29 for the length of the Valley. Since the roads are rarely more than 2.5 miles apart, traveling back and forth is

feasible and at times desirable. The Silverado Trail is the less busy of the two roads by far and also has shoulders which makes this road ideal for biking. Highway 29 on the other hand is narrow, busy, and on week-ends difficult to turn around on. I recommend that first time tasters stay on Silverado as much as possible as there is no quality difference in the wineries and the biking/driving stress will be less.

The following are a few recommendations for first time tastings. Starting at the bottom of the Valley, go north on the Silverado Trail. The taster will hit Clos du Val, Stag's Leap, Pine Ridge and Robert Sinskey Vineyard wineries, all of which have excellent wine. Clos du Val's '88 Chardonnay is fabulous and their reds are excellent as are Stag's Leap. Pine Ridge, in addition to their excellent Chardonnays, have one of the finest Chenin Blancs in the state. Robert Sinskey's wines are all excellent from top to bottom, especially the Pinot Noir. Turning left on the Yountsville Crossroad, one comes to Anderson Cellars which makes Chardonnay and possibly the best Blanc de Noir sparkling wine in the state. Coming to Highway 29, back track south for about one mile to Domaine Chandon. Though one must pay for tasting, the exceptionally informative tour is well worth it. North again on Highway 29, Cakebread Cellars on the right and Grgich Hills on the left are both excellent opportunities to experience winemaking at its finest.

To close, there are many fine hotels, and bed and breakfast places in the area which cater to the wine lovers who come to California's "Mecca of Winemaking". These wineries the many fine restaurants in the area, and the amenities available in Sonoma and Calistoga make the area very appealing for a weekend foray. For more information on boarding, restaurants and activities, there are several lines fully devoted to this information:

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Real Estate Choices

One of the biggest challenges facing each military family every two or three years is the PCS move. Along with that new set of orders comes big decisions concerning housing. Should we buy or rent? Should we live in housing, or on the economy? In many cases, it is most advantageous to buy, particularly now that the market has softened somewhat.

Once you have decided to buy, one basic question may arise, particularly if you are a first-time buyer. This question refers to the role of the agent in your house buying experience. As a potential home buyer, you may find yourself asking, "What are the responsibilities of a real estate agent when working with a buyer?" Since buying a house is probably the biggest investment you will make in your life, this question is an especially important one.

As a La Mesa resident facing these same questions, I have done some indepth research on these often misunderstood questions. For those of you who will find yourself in a home-buying situation, whether it's now or in the distant future, this article will attempt to answer those questions, and will give you some further insight into what a buyer can expect from a real estate agent.

As a buyer, you are entitled to honest and fair business dealings. Your agent should be dedicated to providing you with service that is professional, courteous, and responsive in helping you find a home. Obviously, since the job of the agent is to match buyers with sellers, they have a significant motivation to help you as the purchaser—to find the house that meets your needs. The very best home buying experiences come when the buyer and the agent develop a relationship built on mutual trust.

When you have a good idea as to where you will be moving, don't waste any time in finding a real estate agent. When choosing an agent be sure to check their professional credentials, and don't hesitate to ask for references from past satisfied home buyers.

Once you have chosen an agent, give your loyalty to that one, and out of courtesy, notify others who have contacted you that you will not be working with them. Your

agent can then begin assembling pertinent information covering all aspects of relocation, including material on homes, schools, financing, transportation, local military installations and maps. These are but a few things that an agent should send to you in a "Relocation Packet." If you do not get this valuable information, be sure to ask.

Your agent should be communicating with you frequently, especially as the time draws closer for your house-hunting trip, and your house-hunting trip will be much more successful if you and your agent have done some homework. You will have informed your agent on the type of house and area in which you wish to live, as well as the price that you can afford.

The agent should also have your other considerations in mind when trying to fill your needs. Transportation is a big factor for some home buyers. If you don't mind long commutes, maybe a home farther out from the hustle and bustle of city life is for you. If schools are a big issue with you,

have your agent make appointments with local school officials for you to view the school and meet teachers. Your energetic real estate agent will have mapped out numerous homes (10 per day is a good target). Your agent should show you all appropriate areas, pointing out good and bad features as they pertain to your family.

When you have decided on a home, your agent should carefully go over the contract and discuss all the fine print with you, then prepare and promptly present your offer to the seller.

Once a signed contract exists, your agent should take personal charge of following through on all details, especially financing, appraisal, and closing or settlement. Your agent should insure all contingencies are removed and that all local rules and regulations are complied with. If your agent has competently and professionally done his or her job, the house you have always dreamed of owning will be yours in a few short weeks.

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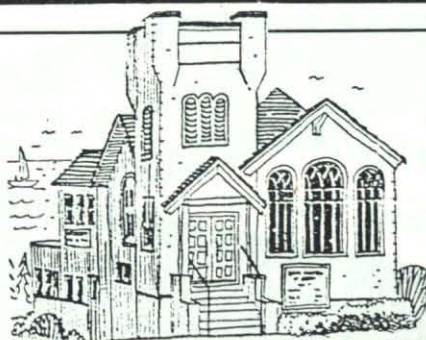
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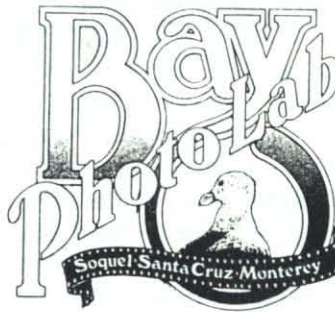
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Do-It-Yourself School Supplies By Monica Maurasse

With the starting of the new school year just a few weeks away, and considering the expenses associated with school supplies, here are a couple of crafty ideas that are practical and fun for school. You will probably find that you have most of the items needed already in your home. Each idea is very simple to make which means you can keep your kids occupied with assembling these school supplies.

Portable Carry-All

Get one of the new type of laundry detergent boxes that are short and square and have a carrying strap. Obtain some decorative contact paper or water based paints. Take the contact paper and cut it to the measurements of the box. It may be easier for the kids to cut five individual squares, one for each panel on the box (front, back, sides and top). Glue the contact paper in place so that the entire outside of the box is covered. You now have a decorative box with a handle good for carrying just about anything.

If your child enjoys painting, you can let him/her paint the box. Remember to paint the entire box a solid color first. Let it dry, and paint a decorative scene over it.

Eyeglass holder/Pencil Case

You will need one pot holder, a sewing needle, and some colored thread. Take the pot holder, and fold it in half towards the loop. Sew together the long edges and the bottom edge. Leave the edge by the pot holder loop open. (The pot holder should be closed on all sides except one.)

If you use one of the new contemporary pot holders that are printed with animal or abstract designs, your child will be happy with the finished product. This cloth holder can be used for carrying pens, pencils, markers, and even eyeglasses.

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Gardening in La Mesa



By Tina Brock

If your yard is like mine, it needs a good manicuring from time to time. But what kind of plants are right for La Mesa yards, especially with the water conservation measures that are necessary due to the ongoing drought?

I am not much of a gardener, (you can tell that much by just looking at my yard), so I paid a visit to a local nursery to find out what might brighten my yard and conserve water, too. I found several different varieties of plants that would meet just about any need I might have.

If you're looking for shrubs, I found that the genista or grevelia is a perfect choice for this area. The nursery director also suggested the ceanothus concha, which is a good ground cover, for areas under trees or shrubs. If I wanted a colorful shrub, I could pick a lavender plant or a photinia, which is a red leaf shrub.

There are several different types of flowers that do well in this area. Rock roses, rosemaries, and jasmine are just a few. Daisies and margarites have been suggested to add color. Also, marigolds add a splash of gold to a drab garden.

If you just need some ground cover to fill in an empty spot, the ever popular ice plant takes little time to fill the brown holes in your garden. You may also pick some gazenias (clear white trailing) or some lantana.

Whatever you plant, the time to do your container planting is in the fall. Plants need to sit in a hard dormant freeze to produce good flower and fruit. When planting, you should use agraform, a slow release tablet fertilizer. Then, use lots of mulch, and periodically, an all purpose plant food. This should produce beautiful flowers in the spring.

I think what La Mesa really needs is more color. Of course, hopefully Mother Nature will cooperate and give us some sunshine once in a while (through all that fog), and a little rain also would be nice. Whatever your needs are, visit your local nursery. They'll help you have a beautiful and colorful garden by spring.

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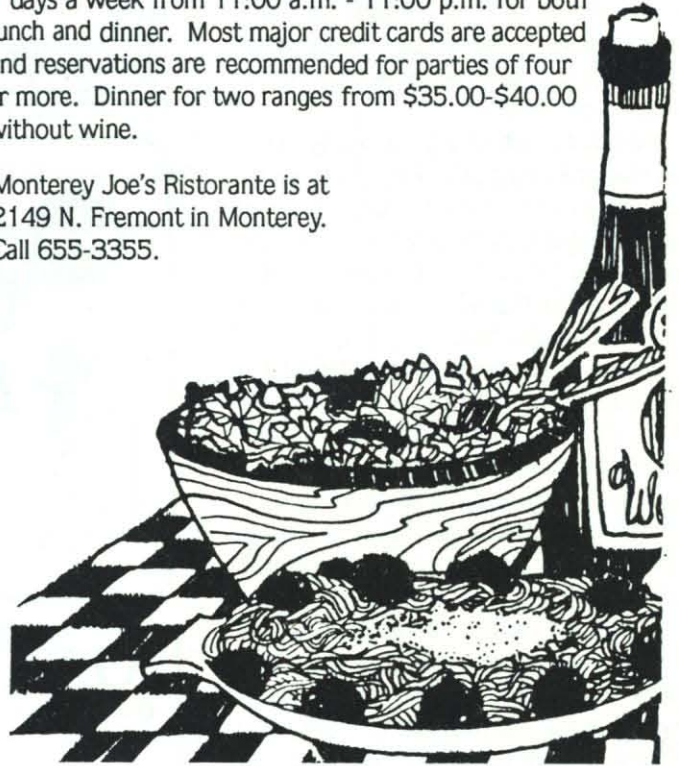
COASTAL CUISINE

by Debbie Byrns

For those of you who frequent Block Buster Video on Fremont Ave, you have probably watched the construction of a new restaurant. I could not wait until the sign was up to find out what type of cuisine would be served. Monterey Joe's Ristorante is the name of this new establishment, and as you may have guessed, it's Italian! As you enter, you are immediately greeted by the aroma of grilled meats from the large open grill area in the front of the restaurant as the chefs prepare meals right before your eyes. The decor inside is modern and very light. The high ceiling creates an airy atmosphere and good acoustics makes conversation enjoyable, since you do not have to listen to the conversations around you. Our waiter greeted us with fresh sourdough bread and virgin olive oil for dipping. We sampled an antipasti of grilled eggplant with sweet pepper salad, and the traditional Caesar salad. Both were excellent. Other antipasti offered: fresh melon with ham, carpaccio, bruschetta and grilled sweet peppers. Prices range from \$1.50-\$8.95 for antipasti and \$4.25-\$5.25 for salads. My husband had the pasta with classic red meat sauce while I tried sauteed prawns with garlic and white wine sauce. The pasta was good, however the meat sauce was a little on the bland side. The wine sauce on the prawns did not quite meet my expectations, but the vegetables served on the side were excellent. Steamed perfectly and tossed with Parmesan cheese, I could have eaten a whole plate of vegetables for my meal. Other entrees available: homemade pizzas, assorted pasta dishes, grilled meats (chicken, sausage, rabbit, and steaks), sauteed veal dishes, fresh catch of the day, and sandwiches. Entrees ranged in price from \$6.50-\$18.95, pizzas and sandwiches from \$5.25-\$6.50. Joe's had a nice wine list

featuring both California and imported wines. With all the pasta, we didn't have room for dessert, but I did spy the dessert display case on our way out and saw many luscious delights including cheesecake and fresh dipping strawberries. Monterey Joe's Ristorante is open 7 days a week from 11:00 a.m. - 11:00 p.m. for both lunch and dinner. Most major credit cards are accepted and reservations are recommended for parties of four or more. Dinner for two ranges from \$35.00-\$40.00 without wine.

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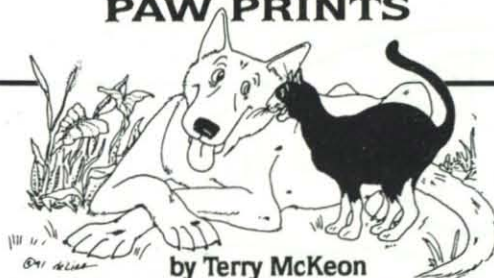
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PAW PRINTS



by Terry McKeon

This last vacation break brought up memories of the last time my husband and I had free time to travel the untamed wilds. James had just returned from a prolonged deployment and was looking to enjoy this country of ours. I had enjoyed camping in the wilds since I had been young. Could the local woods be so much different?

I had been to the vet, all the appropriate questions were asked. How best to protect him from annoying gnats and possible lyme disease. (Simon, our dog, not Jim) We packed our bags, stopped in at W&R to rent a tent and supplies, asked neighbor to look in on Cesare, our cat, and said "Simon (our beloved beast) time to go camping!" His wrinkled brow and his brown eyes were straining with untamed excitement.

"Camping, is it fun? What exactly does it entail?"

"Oh, Simon, it's spending time in the great outdoors, being one with nature, sleeping in a tent!"

Suddenly, Simon didn't look so sure that this would be fun for him. But, armed with his leash and dog dish, we drove off down the highway and headed into the wilds of North Carolina's Smokey Mountains.

Our first day of camping was wonderful. We found the perfect spot to camp near a lake and in a grove of tall trees. It was an idyllic scene as Simon tried to help while Jim put up the tent. I took a picture. All was going well until Simon suddenly realized that sleeping in a tent meant sleeping on the ground. He wasn't too keen with the idea. But we figured he was a dog, he would live. After all, we were on the ground too.

Next came the greatest culture shock for our pampered pooch. It gets dark in the woods and other animals make noises. The tent Simon wouldn't get into during the day, became a safe refuge he flew into when the sun went down. (Maybe I shouldn't have pointed out all those "Beware of Bear" signs to him, but really this was getting a bit much.)

The next surprise on our vacation came about 1:00 a.m. that night. Far off in the valley I heard the rumbling of thunder. By two a.m. the only dry spot in the tent (did I mention it leaked like a sieve?) was over Simon. And that spot looked like it was ready to let go at any minute. Jim and I had been soaked for an hour. But, there was

Simon sleeping soundly and changing position. He had no sooner rolled over (four paws draped in the air) when his warm dry fur belly suddenly got very wet, very fast. The last time I heard such a sound, I was watching a bad horror show. Poor Simon. First the ground and now the cold wet ground. It was a very long night as Simon climbed on us to keep from being on the cold wet ground. I could just see in his eyes, he didn't think that this was much fun. Daybreak came but the rain stayed. Both James and I thought we might stick it out, but after making scrambled eggs in the pouring rain, we decided to listen to Simon who had been running over to the car crying and scratching at the doors to be let in. (Look, if we were wet, he could be too. He had fur!) Well, at this pathetic sight of man's best friend preferring a car to the great outdoors, Jim and I decided to pack it in also. We both decided that next time should we choose to accept the mission, we would either leave His Majesty Simon at home or rough it in the style to which he has become accustomed. That is, a hotel with room service and a view.



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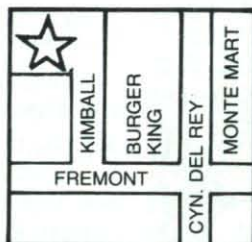
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AROUND THE BAY

Aug 12-17 NCGA Amateur Championship: Northern California Golf Association's Golf Championship has 240 of Northern California's top amateurs competing on the Spyglass Hill course. For more information, Call 625-4653.

Aug 16-18 Historic Automobile Races: A variety of unique automobiles are featured in this classic event held at Laguna Seca. For more information, call 648-5111.

Aug 16-18 Monterey Bay Open Golf Championship: Similar to a pro-tour environment, this golf tournament is aimed at local amateurs, pros and celebrities. An awards dinner includes an auction that raises funds for local charities. For more information, call 394-6020.

Aug 17-25 Monterey County Fair : Carnival rides, agricultural displays, livestock exhibits and home arts are the hallmarks of this hometown affair. For more information, call 372-5863.

Aug 18 Pebble Beach Concours D'Elegance: Considered the world's most prestigious Concours, the Pebble Beach event showcases more than 100 of the world's finest classic automobiles. For more information, call 649-2724.

Aug 19 Christie's at Pebble Beach: Second annual auction to be held Concours weekend. Proceeds from the auction and Concours will benefit local charities. For more information, call 649-2724.

Aug 30 - Sept 2 Mission Trails Peruvian Horse Show: This event is held at the Monterey Fairgrounds. For more information, call 484-2849.

Aug 31 - Sept 1 Broccoli Festival: Crafts, carnival rides and, of course, a myriad of food dishes featuring broccoli, highlight this popular two-day festival held in Oak Park. For more information, call 674-5240.

Sept 7 Golden Gate Doll & Toy Show: Dolls, toys, bears and miniatures along with books and supplies will be for sale at this one-day event in Monterey. For more information, call 459-1998.

Sept 7 - 8 Plaza Cup Regatta: Watch this world-class sailing event from the terrace of the Monterey Plaza Hotel. In its sixth running, the event is sponsored by the Monterey Peninsula Yacht Club and the Monterey Plaza Hotel. For more information, call 646-1700.

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